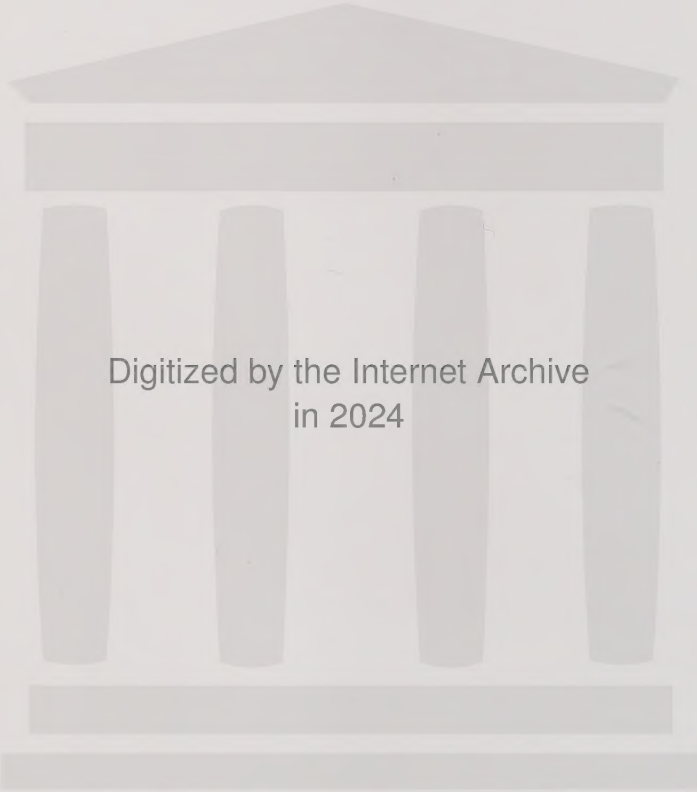




DREAM JOURNAL workbook

A Beginner's Guided Dream Diary for Lucid Dreaming & Dream Interpretation

9/7/21
Seth
Spangler
20-22



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DREAM JOURNAL *workbook*

A Beginner's Guided Dream Diary for Lucid Dreaming & Dream Interpretation

CoolJournals.net

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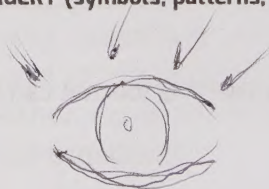
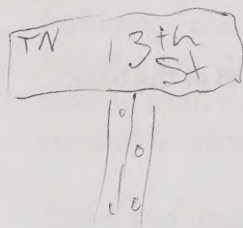
THEMES

QUICK DREAM RECALL

EMOTIONS

WHO		saw dead child hood	☐ Amusement
Birth ☐	Freind Saw my Babys		☐ Anger
Body Fears ☐	mother Saw cathy		☐ Boldness
Chased ☐	And then Larry		☐ Confusion
Defeat ☐	then people who ^{the church} ran		☐ Courage
Disappearance ☐	WHAT		☐ Despair
Disaster ☐	we were on the street		☐ Detachment
Discovery ☐	lookin for food got drugs from		☐ Envy
Driving ☐	lauren on our way past larry		☐ Fear
Falling ☐	we broke in got caught cathy		☐ Happiness
Flight ☐	came to rescue got arrested		☐ Hope
Foreign Land ☐	WHERE		☐ Love
Money ☐	At football game by church		☐ Pity
Nudity ☐	OFFICIALS, The streets of ELA		☐ Pleasure
Past Event ☐	then Larrys Farm then		☐ Pride
Rejection ☐	the church And then Jail		☐ Sadness
Sexual ☐			☐ Shame
Stranger ☐			☐ Stress
Test ☐			☐ Surprise
Threats ☐			☐ Wonder
☐			

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)



MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

REFLECTIONS ON DREAM (follow your intuition)

What is the message of the dream?

How does this affect you?

LUCID TRIGGERS (Identify patterns for next dream experience)

IDENTIFY SOMETHING SEEN	IDENTIFY SOMETHING HEARD	IDENTIFY SOMETHING SMELLED
IDENTIFY SOMETHING FELT	IDENTIFY SOMETHING TASTED	SECRET TRIGGER PHRASE

THEMES

QUICK DREAM RECALL

EMOTIONS

	WHO	
Birth ☐		☐ Amusement
Body Fears ☐		☐ Anger
Chased ☐		☐ Boldness
Defeat ☐		☐ Confusion
Disappearance ☐		☐ Courage
Disaster ☐		☐ Despair
Discovery ☐	WHAT	☐ Detachment
Driving ☐		☐ Envy
Falling ☐		☐ Fear
Flight ☐		☐ Happiness
Foreign Land ☐		☐ Hope
Money ☐		☐ Love
Nudity ☐		☐ Pity
Past Event ☐	WHERE	☐ Pleasure
Rejection ☐		☐ Pride
Sexual ☐		☐ Sadness
Stranger ☐		☐ Shame
Test ☐		☐ Stress
Threats ☐		☐ Surprise
☐		☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE	RECURRING
	Y ☐ N ☐
	SHARE THIS DREAM
	Y ☐ N ☐
	LUCID DREAM
ANY CONNECTION TO DREAM	Y ☐ N ☐

REFLECTIONS ON DREAM (follow your intuition)

What is the message of the dream?

How does this affect you?

LUCID TRIGGERS (identify patterns for next dream experience)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

NAME YOUR DREAM

DATE

THEMES

QUICK DREAM RECALL

EMOTIONS

WHO

Birth ☐Body Fears ☐Chased ☐Defeat ☐Disappearance ☐Disaster ☐Discovery ☐Driving ☐Falling ☐Flight ☐Foreign Land ☐Money ☐Nudity ☐Past Event ☐Rejection ☐Sexual ☐Stranger ☐Test ☐Threats ☐☐

WHAT

WHERE

☐ Amusement☐ Anger☐ Boldness☐ Confusion☐ Courage☐ Despair☐ Detachment☐ Envy☐ Fear☐ Happiness☐ Hope☐ Love☐ Pity☐ Pleasure☐ Pride☐ Sadness☐ Shame☐ Stress☐ Surprise☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐N ☐

SHARE THIS DREAM

Y ☐N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐N ☐Y ☐N ☐

What is the message of the dream?

What is the message of the dream?

How does this affect you?

Identify something seen, heard, smelled, tasted, or felt

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐		☐ Amusement
Body Fears ☐		☐ Anger
Chased ☐		☐ Boldness
Defeat ☐		☐ Confusion
Disappearance ☐		☐ Courage
Disaster ☐		☐ Despair
Discovery ☐	WHAT	☐ Detachment
Driving ☐		☐ Envy
Falling ☐		☐ Fear
Flight ☐		☐ Happiness
Foreign Land ☐		☐ Hope
Money ☐		☐ Love
Nudity ☐		☐ Pity
Past Event ☐	WHERE	☐ Pleasure
Rejection ☐		☐ Pride
Sexual ☐		☐ Sadness
Stranger ☐		☐ Shame
Test ☐		☐ Stress
Threats ☐		☐ Surprise
☐		☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

What is the message of the dream?

How does this affect you?

What is the message of the dream?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
☐	_____

☐ Amusement
☐ Anger
☐ Boldness
☐ Confusion
☐ Courage
☐ Despair
☐ Detachment
☐ Envy
☐ Fear
☐ Happiness
☐ Hope
☐ Love
☐ Pity
☐ Pleasure
☐ Pride
☐ Sadness
☐ Shame
☐ Stress
☐ Surprise
☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐	N ☐
----------------------------	----------------------------

SHARE THIS DREAM

Y ☐	N ☐
----------------------------	----------------------------

LUCID DREAM

Y ☐	N ☐
----------------------------	----------------------------

ANY CONNECTION TO DREAM

Y ☐	N ☐
----------------------------	----------------------------

QUESTION ON HOW THE DREAM FEELS

What is the message of the dream?

How does this affect you?

WHAT THE DREAM TOLD ME ABOUT MYSELF

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

INSTRUCTIONS ON THE A4 INFORMATION CARD

What is the message of the dream?

How does this affect you?

INSTRUCTIONS (Identify positive or negative feelings)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

INSTRUCTIONS ON DREAM JOURNALING

What is the message of the dream?

How does this affect you?

11000 RECORD (Identify patterns for hard dream repetition)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

What is the message of the dream?

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

☐ Amusement
☐ Anger
☐ Boldness
☐ Confusion
☐ Courage
☐ Despair
☐ Detachment
☐ Envy
☐ Fear
☐ Happiness
☐ Hope
☐ Love
☐ Pity
☐ Pleasure
☐ Pride
☐ Sadness
☐ Shame
☐ Stress
☐ Surprise
☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

QUESTION: WHAT IS THE MESSAGE OF THE DREAM?

What is the message of the dream?

How does this affect you?

QUESTION 8: Identify personal triggers & sensory experiences

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐

Body Fears ☐

Chased ☐

Defeat ☐

Disappearance ☐

Disaster ☐

Discovery ☐

Driving ☐

Falling ☐

Flight ☐

Foreign Land ☐

Money ☐

Nudity ☐

Past Event ☐

Rejection ☐

Sexual ☐

Stranger ☐

Test ☐

Threats ☐

☐

- ☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐

N ☐

SHARE THIS DREAM

Y ☐

N ☐

LUCID DREAM

Y ☐

N ☐

ANY CONNECTION TO DREAM

Y ☐

N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

WHAT

WHERE

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

What is the message of the dream?

How does this affect you?

Identify something seen

Identify something seen

Identify something heard

Identify something heard

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

WHAT

WHERE

☐ Amusement
☐ Anger
☐ Boldness
☐ Confusion
☐ Courage
☐ Despair
☐ Detachment
☐ Envy
☐ Fear
☐ Happiness
☐ Hope
☐ Love
☐ Pity
☐ Pleasure
☐ Pride
☐ Sadness
☐ Shame
☐ Stress
☐ Surprise
☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

WHAT IS THE MESSAGE OF THE DREAM?

What is the message of the dream?

How does this affect you?

WHAT PROBABLY FOLLOWING GUIDANCE THE DREAM MESSAGE (NUMBER 1)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐		☐ Amusement
Body Fears ☐		☐ Anger
Chased ☐		☐ Boldness
Defeat ☐		☐ Confusion
Disappearance ☐		☐ Courage
Disaster ☐		☐ Despair
Discovery ☐	WHAT	☐ Detachment
Driving ☐		☐ Envy
Falling ☐		☐ Fear
Flight ☐		☐ Happiness
Foreign Land ☐		☐ Hope
Money ☐		☐ Love
Nudity ☐		☐ Pity
Past Event ☐	WHERE	☐ Pleasure
Rejection ☐		☐ Pride
Sexual ☐		☐ Sadness
Stranger ☐		☐ Shame
Test ☐		☐ Stress
Threats ☐		☐ Surprise
☐		☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐

N ☐

RECURRING

Y ☐

N ☐

SHARE THIS DREAM

Y ☐

N ☐

LUCID DREAM

Y ☐

N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

REFLECTION QUESTIONS (Please write answers)

What is the message of the dream?

How does this affect you?

THE DREAMS & VISIONS JOURNAL (Please write answers)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

Write the dream in your own words

What is the message of the dream?

How does this affect you?

Write the dream in your own words (dream time is yours)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHERE

Wonder

Y ☐ N ☐

What I felt in the dream (describe your emotions)

What is the message of the dream?

How does this affect you?

What I found myself doing, feeling, or thinking in the dream

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM ☐ Y ☐ N

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____	☐ Amusement
Body Fears ☐	_____	☐ Anger
Chased ☐	_____	☐ Boldness
Defeat ☐	_____	☐ Confusion
Disappearance ☐	_____	☐ Courage
Disaster ☐	_____	☐ Despair
Discovery ☐	_____	☐ Detachment
Driving ☐	_____	☐ Envy
Falling ☐	_____	☐ Fear
Flight ☐	_____	☐ Happiness
Foreign Land ☐	_____	☐ Hope
Money ☐	_____	☐ Love
Nudity ☐	_____	☐ Pity
Past Event ☐	_____	☐ Pleasure
Rejection ☐	_____	☐ Pride
Sexual ☐	_____	☐ Sadness
Stranger ☐	_____	☐ Shame
Test ☐	_____	☐ Stress
Threats ☐	_____	☐ Surprise
_____ ☐	_____	☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

NOTE: ATTEND TO THE MESSAGE FROM YOUR MIND

What is the message of the dream?

How does this affect you?

WU-LU THOUGHTS: Identify something that will make something

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐

Body Fears ☐

Chased ☐

Defeat ☐

Disappearance ☐

Disaster ☐

Discovery ☐

Driving ☐

Falling ☐

Flight ☐

Foreign Land ☐

Money ☐

Nudity ☐

Past Event ☐

Rejection ☐

Sexual ☐

Stranger ☐

Test ☐

Threats ☐

☐

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐

N ☐

SHARE THIS DREAM

Y ☐

N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐

N ☐

Y ☐

N ☐

STRUCTURE DREAM (page 104)

What is the message of the dream?

How does this affect you?

1102-11026 (Identify something from your dream experience)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	
Body Fears ☐	
Chased ☐	
Defeat ☐	
Disappearance ☐	
Disaster ☐	
Discovery ☐	
Driving ☐	
Falling ☐	
Flight ☐	
Foreign Land ☐	
Money ☐	
Nudity ☐	
Past Event ☐	
Rejection ☐	
Sexual ☐	
Stranger ☐	
Test ☐	
Threats ☐	
_____ ☐	

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

STEP 2: What is the message of the dream?

What is the message of the dream?

How does this affect you?

STEP 3: Identify patterns & feelings (Draw & experience)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

- Birth ☐ _____
- Body Fears ☐ _____
- Chased ☐ _____
- Defeat ☐ _____
- Disappearance ☐ _____
- Disaster ☐ _____
- Discovery ☐ _____
- Driving ☐ _____
- Falling ☐ _____
- Flight ☐ _____
- Foreign Land ☐ _____
- Money ☐ _____
- Nudity ☐ _____
- Past Event ☐ _____
- Rejection ☐ _____
- Sexual ☐ _____
- Stranger ☐ _____
- Test ☐ _____
- Threats ☐ _____
- _____ ☐ _____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

REFLECTING ON DREAM [Below your number]

What is the message of the dream?

How does this affect you?

LIFE'S TRIGGERS [Identify patterns for past & present experiences]

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

What is the message of the dream?

How does this affect you?

Identify something seen Identify something heard Identify something smelled

Identify something seen

Identify something heard

Identify something smelled

Identify something felt

Identify something tasted

Secret trigger phrase

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

What is the message of the dream?

How does this affect you?

Identifying things people notice about you

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____	☐ Amusement
Body Fears ☐	_____	☐ Anger
Chased ☐	_____	☐ Boldness
Defeat ☐	_____	☐ Confusion
Disappearance ☐	_____	☐ Courage
Disaster ☐	_____	☐ Despair
Discovery ☐	_____	☐ Detachment
Driving ☐	_____	☐ Envy
Falling ☐	_____	☐ Fear
Flight ☐	_____	☐ Happiness
Foreign Land ☐	_____	☐ Hope
Money ☐	_____	☐ Love
Nudity ☐	_____	☐ Pity
Past Event ☐	_____	☐ Pleasure
Rejection ☐	_____	☐ Pride
Sexual ☐	_____	☐ Sadness
Stranger ☐	_____	☐ Shame
Test ☐	_____	☐ Stress
Threats ☐	_____	☐ Surprise
☐	_____	☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
☐	_____

WHAT

WHERE

☐ Amusement
☐ Anger
☐ Boldness
☐ Confusion
☐ Courage
☐ Despair
☐ Detachment
☐ Envy
☐ Fear
☐ Happiness
☐ Hope
☐ Love
☐ Pity
☐ Pleasure
☐ Pride
☐ Sadness
☐ Shame
☐ Stress
☐ Surprise
☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

WHAT

WHERE

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

SECTION 1: DREAMING (DURING SLEEPING)

What is the message of the dream?

How does this affect you?

SECTION 2: DREAMING (DURING SLEEPING)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

QUESTIONNAIRE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

WHAT

WHERE

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

IDENTIFYING THE MESSAGE OF THE DREAM

What is the message of the dream?

How does this affect you?

WILD THINGS (Memory prompt for the 5 senses)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	
Body Fears ☐	
Chased ☐	
Defeat ☐	
Disappearance ☐	
Disaster ☐	
Discovery ☐	
Driving ☐	
Falling ☐	
Flight ☐	
Foreign Land ☐	
Money ☐	
Nudity ☐	
Past Event ☐	
Rejection ☐	
Sexual ☐	
Stranger ☐	
Test ☐	
Threats ☐	
☐	

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

- Birth ☐ _____
- Body Fears ☐ _____
- Chased ☐ _____
- Defeat ☐ _____
- Disappearance ☐ _____
- Disaster ☐ _____
- Discovery ☐ _____
- Driving ☐ _____
- Falling ☐ _____
- Flight ☐ _____
- Foreign Land ☐ _____
- Money ☐ _____
- Nudity ☐ _____
- Past Event ☐ _____
- Rejection ☐ _____
- Sexual ☐ _____
- Stranger ☐ _____
- Test ☐ _____
- Threats ☐ _____
- _____ ☐ _____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

WHAT IS THE MESSAGE OF THE DREAM?

What is the message of the dream?

How does this affect you?

LISTEN TO YOURSELF (Identify patterns of information & yourself)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

REFLECTIONS ON THE DREAM YOU HAD

What is the message of the dream?

How does this affect you?

What triggered the dream? (or how it came to you)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

WHAT

WHERE

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐		☐ Amusement
Body Fears ☐		☐ Anger
Chased ☐		☐ Boldness
Defeat ☐		☐ Confusion
Disappearance ☐		☐ Courage
Disaster ☐		☐ Despair
Discovery ☐	WHAT	☐ Detachment
Driving ☐		☐ Envy
Falling ☐		☐ Fear
Flight ☐		☐ Happiness
Foreign Land ☐		☐ Hope
Money ☐		☐ Love
Nudity ☐		☐ Pity
Past Event ☐	WHERE	☐ Pleasure
Rejection ☐		☐ Pride
Sexual ☐		☐ Sadness
Stranger ☐		☐ Shame
Test ☐		☐ Stress
Threats ☐		☐ Surprise
☐		☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

WHAT

WHERE

☐ Amusement
☐ Anger
☐ Boldness
☐ Confusion
☐ Courage
☐ Despair
☐ Detachment
☐ Envy
☐ Fear
☐ Happiness
☐ Hope
☐ Love
☐ Pity
☐ Pleasure
☐ Pride
☐ Sadness
☐ Shame
☐ Stress
☐ Surprise
☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐	N ☐
----------------------------	----------------------------

SHARE THIS DREAM

Y ☐	N ☐
----------------------------	----------------------------

LUCID DREAM

Y ☐	N ☐
----------------------------	----------------------------

ANY CONNECTION TO DREAM

Y ☐	N ☐
----------------------------	----------------------------

RECALL YOUR DREAM (write your dream)

What is the message of the dream?

How does this affect you?

3.003 (continued) (identify patterns for next dream report only)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	
Body Fears ☐	
Chased ☐	
Defeat ☐	
Disappearance ☐	
Disaster ☐	
Discovery ☐	WHAT
Driving ☐	
Falling ☐	
Flight ☐	
Foreign Land ☐	
Money ☐	
Nudity ☐	
Past Event ☐	WHERE
Rejection ☐	
Sexual ☐	
Stranger ☐	
Test ☐	
Threats ☐	
☐	

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

EXERCISES ON DREAMING AND DREAMING

What is the message of the dream?

How does this affect you?

EXERCISES ON DREAMING (continued)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐		☐ Amusement
Body Fears ☐		☐ Anger
Chased ☐		☐ Boldness
Defeat ☐		☐ Confusion
Disappearance ☐		☐ Courage
Disaster ☐		☐ Despair
Discovery ☐	WHAT	☐ Detachment
Driving ☐		☐ Envy
Falling ☐		☐ Fear
Flight ☐		☐ Happiness
Foreign Land ☐		☐ Hope
Money ☐		☐ Love
Nudity ☐		☐ Pity
Past Event ☐	WHERE	☐ Pleasure
Rejection ☐		☐ Pride
Sexual ☐		☐ Sadness
Stranger ☐		☐ Shame
Test ☐		☐ Stress
Threats ☐		☐ Surprise
☐		☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐

N ☐

SHARE THIS DREAM

Y ☐

N ☐

LUCID DREAM

Y ☐

N ☐

ANY CONNECTION TO DREAM

Y ☐

N ☐

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	
Body Fears ☐	
Chased ☐	
Defeat ☐	
Disappearance ☐	
Disaster ☐	
Discovery ☐	
Driving ☐	
Falling ☐	
Flight ☐	
Foreign Land ☐	
Money ☐	
Nudity ☐	
Past Event ☐	
Rejection ☐	
Sexual ☐	
Stranger ☐	
Test ☐	
Threats ☐	
☐	

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

WHAT DOES MY DREAM TELL ME?

What is the message of the dream?

How does this affect you?

WHAT DID I HEAR | SEE | FEEL | TASTE | SMELL | THINK?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐ _____

Body Fears ☐ _____

Chased ☐ _____

Defeat ☐ _____

Disappearance ☐ _____

Disaster ☐ _____

Discovery ☐ _____

Driving ☐ _____

Falling ☐ _____

Flight ☐ _____

Foreign Land ☐ _____

Money ☐ _____

Nudity ☐ _____

Past Event ☐ _____

Rejection ☐ _____

Sexual ☐ _____

Stranger ☐ _____

Test ☐ _____

Threats ☐ _____

_____ ☐ _____

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

2011 EDITION ON THE WAY (6/2011)

What is the message of the dream?

How does this affect you?

2011 EDITION ON THE WAY (6/2011)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

WHAT

WHERE

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

What is the message of the dream? (around 1 year)

What is the message of the dream?

How does this affect you?

What triggered this? (identify patterns) (at least 1 month)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

WHAT IS THE MESSAGE OF THE DREAM?

What is the message of the dream?

How does this affect you?

WHAT IS THE MESSAGE OF THE DREAM?

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____	☐ Amusement
Body Fears ☐	_____	☐ Anger
Chased ☐	_____	☐ Boldness
Defeat ☐	_____	☐ Confusion
Disappearance ☐	_____	☐ Courage
Disaster ☐	_____	☐ Despair
Discovery ☐	_____	☐ Detachment
Driving ☐	_____	☐ Envy
Falling ☐	_____	☐ Fear
Flight ☐	_____	☐ Happiness
Foreign Land ☐	_____	☐ Hope
Money ☐	_____	☐ Love
Nudity ☐	_____	☐ Pity
Past Event ☐	_____	☐ Pleasure
Rejection ☐	_____	☐ Pride
Sexual ☐	_____	☐ Sadness
Stranger ☐	_____	☐ Shame
Test ☐	_____	☐ Stress
Threats ☐	_____	☐ Surprise
_____ ☐	_____	☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

IDENTIFYING THE DREAM (please print name)

What is the message of the dream?

How does this affect you?

USE THE FOLLOWING (identify whether felt, heard, smelled, tasted)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

What I Noticed in Dreams (Follow Your Intuition)

What is the message of the dream?

How does this affect you?

Color | Number | Sensory Patterns | Emotion | Other (unlabeled)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐		☐ Amusement
Body Fears ☐		☐ Anger
Chased ☐		☐ Boldness
Defeat ☐		☐ Confusion
Disappearance ☐		☐ Courage
Disaster ☐		☐ Despair
Discovery ☐		☐ Detachment
Driving ☐		☐ Envy
Falling ☐		☐ Fear
Flight ☐		☐ Happiness
Foreign Land ☐		☐ Hope
Money ☐		☐ Love
Nudity ☐		☐ Pity
Past Event ☐		☐ Pleasure
Rejection ☐		☐ Pride
Sexual ☐		☐ Sadness
Stranger ☐		☐ Shame
Test ☐		☐ Stress
Threats ☐		☐ Surprise
☐		☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

ANY CONNECTION TO DREAM

Y ☐ N ☐

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

PROJECTING ON SLEEP (P.L.S.)

What is the message of the dream?

How does this affect you?

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐

Body Fears ☐

Chased ☐

Defeat ☐

Disappearance ☐

Disaster ☐

Discovery ☐

Driving ☐

Falling ☐

Flight ☐

Foreign Land ☐

Money ☐

Nudity ☐

Past Event ☐

Rejection ☐

Sexual ☐

Stranger ☐

Test ☐

Threats ☐

☐

☐ Amusement

☐ Anger

☐ Boldness

☐ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☐ Fear

☐ Happiness

☐ Hope

☐ Love

☐ Pity

☐ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☐ Stress

☐ Surprise

☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

ANY CONNECTION TO DREAM

Y ☐ N ☐

Y ☐ N ☐

2015 LITTING THE CANDLE (follow your intuition)

What is the message of the dream?

How does this affect you?

LITTING THE CANDLE (identify / perceive / perceive / think / feel)

IDENTIFY SOMETHING SEEN

IDENTIFY SOMETHING HEARD

IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT

IDENTIFY SOMETHING TASTED

SECRET TRIGGER PHRASE

WHO

Birth ☐	_____
Body Fears ☐	_____
Chased ☐	_____
Defeat ☐	_____
Disappearance ☐	_____
Disaster ☐	_____
Discovery ☐	_____
Driving ☐	_____
Falling ☐	_____
Flight ☐	_____
Foreign Land ☐	_____
Money ☐	_____
Nudity ☐	_____
Past Event ☐	_____
Rejection ☐	_____
Sexual ☐	_____
Stranger ☐	_____
Test ☐	_____
Threats ☐	_____
_____ ☐	_____

- ☐ Amusement
- ☐ Anger
- ☐ Boldness
- ☐ Confusion
- ☐ Courage
- ☐ Despair
- ☐ Detachment
- ☐ Envy
- ☐ Fear
- ☐ Happiness
- ☐ Hope
- ☐ Love
- ☐ Pity
- ☐ Pleasure
- ☐ Pride
- ☐ Sadness
- ☐ Shame
- ☐ Stress
- ☐ Surprise
- ☐ Wonder

WHAT

WHERE

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)

MAJOR RECENT EVENTS IN WAKING LIFE

RECURRING

Y ☐ N ☐

SHARE THIS DREAM

Y ☐ N ☐

LUCID DREAM

Y ☐ N ☐

ANY CONNECTION TO DREAM

Y ☐ N ☐

Writings by [name] (write your name)

What is the message of the dream?

How does this affect you?

Writings by [name] (write your name)

IDENTIFY SOMETHING SEEN IDENTIFY SOMETHING HEARD IDENTIFY SOMETHING SMELLED

IDENTIFY SOMETHING FELT IDENTIFY SOMETHING TASTED SECRET TRIGGER PHRASE



How to Use This Journal

This journal was designed to help you fully explore your dreams, whether to lucid dream or interpret them. That said, this journal like any other journal can be used in the manner of your choosing. You can use slots in different ways or ignore them altogether. But this quick overview will cover the most common ways of using this journal.

Section 1: Immediate Recall

This is best completed immediately after waking from a dream. The Who, What, Where sections can be used to jot quickly down dream details. Be specific but no more than necessary. The key here is getting as much of the full dream experience as possible.

Next identify themes and emotions. There's often more than one and linking them to key moments in the dream can help you to identify reoccurring patterns.

Birth ☒

Body Fears ☐

Chased ☐

Defeat ☐

Disappearance ☐

Disaster ☐

Discovery ☐

Driving ☐

Falling ☐

Flight ☐

Foreign Land ☐

Money ☐

Nudity ☐

Past Event ☒

Rejection ☐

Sexual ☐

Stranger ☒

Test ☐

Threats ☐

☐

WHO

First I saw Roger from work

Later I saw Aunt Betty

Stranger holding balloons

Tall basketball player

Steve Martin?

WHAT

I was at a work party and Roger was retiring.

For some reason I found Aunt Betty in the lunch room talking to a man holding balloons. Later this really tall basketball player came in and said my car was being towed away by STEVE MARTIN. What!

WHERE

I started off in Roger's office but later went to the lunch room, which looked like my parent's bedroom as a kid. The parking lot was actually the parking lot from the bookstore down the street.

☐ Amusement

☐ Anger

☐ Boldness

☒ Confusion

☐ Courage

☐ Despair

☐ Detachment

☐ Envy

☒ Fear

☒ Happiness

☐ Hope

☐ Love

☐ Pity

☒ Pleasure

☐ Pride

☐ Sadness

☐ Shame

☒ Stress

☒ Surprise

☐ Wonder

Section 2: Dream Imagery

Your drawing skills don't matter here. What matters here is identifying imagery that strikes you as important. That can be something that is heavy in symbolism, or events/objects that make up a pattern or that regularly appear. Jot down your impressions as well.

DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)



Section 3: External Summary

Next you'll want to identify major events surrounding your life. These events need not be life-altering, but that simply have significance and are personally meaningful to you. Try to decide whether this dream is connected to any of those events.

Then answer these quick questions:

- Is this a reoccurring dream?
- Is this a dream you would be willing to share with others for pleasure or better understanding?
- Was this a lucid dream? Did you become conscious at any point?

MAJOR RECENT EVENTS IN WAKING LIFE

Just turned 35 years old

Didn't get that promotion.

I've been stressing about my future.

ANY CONNECTION TO DREAM

Y ☒ N ☐

RECURRING

Y ☐ N ☒

SHARE THIS DREAM

Y ☒ N ☐

LUCID DREAM

Y ☐ N ☒

Section 4: Personal Reflection

Now is your chance to think about the meaning of your dream. Your intuition will be key here since dreams are inherently deeply personal experiences. They are essentially stories you are telling yourself. Challenge yourself to find a message, but don't overly impose meaning on it. Think: Is there something I'm trying to teach myself?

If you discover a meaningful message, ask yourself how this can be beneficial to your waking life. Does it offer clarity or wisdom to something you're striving to overcome? How can you apply this new understanding to your life?

What is the message of the dream?

I think this was about my worry over turning 35 and still not having a clear indication of how my life will turn out. But I also think that Auntie Betty symbolized hope. She always said not to worry too much about my future. She made me feel confident. Can't yet explain the basketball player but I think Steve Martin was another good sign. I was happy to see him even though he was towing my car. I remember now him saying, "It's OK. You just need a tune up."

How does this affect you?

I think it's time to let go of some of that fear regarding my future. Even though I didn't get the promotion, Erin did say it was a tough decision and that I'd be first up next time.

Section 5: Lucid Triggers

The more you analyze and identify curious dream phenomena, the better you'll become at lucid dreaming. Record key sensory details that clearly oppose reality. This practice will prime you for later lucid dreaming.

Secret Trigger Phrase

Plant a seed in your subconscious. Practice saying the phrase during waking hours and ask yourself: "Am I dreaming?" Follow this up by reality checking your environment. Does your watch read right? Do words on signs change or disappear? If so, you may be dreaming!

IDENTIFY SOMETHING SEEN

The painting in the lunch room was on a wall in my parent's bedroom.

IDENTIFY SOMETHING HEARD

Aunt Betty's giggle in the lunch room.

IDENTIFY SOMETHING SMELLED

None come to mind.

IDENTIFY SOMETHING FELT

The parking lot ground had a sticky ground.

IDENTIFY SOMETHING TASTED

The birthday cake was really gooey.

SECRET TRIGGER PHRASE

This sweater needs more toothpaste!

Section 5: Name Your Dream

This last part may seem trivial but in fact it's so important that we placed it at the end. Generally, titles go at the beginning but the truth is you often don't know what a dream actually reflects until after you've spent time exploring it. Only then do you arrive at an "Aha" moment. This may not always happen, but you'll be better able to label your dream after you've fully explored it.

Birthday Worries Be Gone

8 5 15

Now Go and Explore Your Dreams!

Join other dreamers at on our Facebook page



LUCID DREAMING SOCIETY

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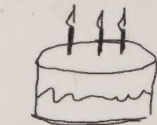
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QUICK DREAM RECALL

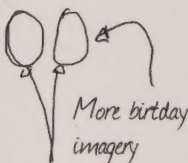
EMOTIONS

		WHO	First I saw <u>Roger</u> from work	
Birth ☒				☐ Amusement
Body Fears ☐			Later I saw <u>Aunt Betty</u>	☐ Anger
Chased ☐			<u>Stranger</u> holding balloons	☐ Boldness
Defeat ☐			<u>Tall basketball player</u>	☒ Confusion
Disappearance ☐			<u>Steve Martin?</u>	☐ Courage
Disaster ☐				☐ Despair
Discovery ☐	WHAT		I was at a work party and Roger was retiring	☐ Detachment
Driving ☐			For some reason I found Aunt Betty in the lunch	☐ Envy
Falling ☐			room talking to a <u>man</u> holding balloons. Later this	☒ Fear
Flight ☐			really tall basketball player came in and said my car	☒ Happiness
Foreign Land ☐			was being towed away by <u>STEVE MARTIN</u> . What!	☐ Hope
Money ☐				☐ Love
Nudity ☐				☐ Pity
Past Event ☒	WHERE		I started off in Roger's office but later went to the	☒ Pleasure
Rejection ☐			lunch room, which looked like my parent's bedroom	☐ Pride
Sexual ☐			as a kid. The parking lot was actually the parking lot	☐ Sadness
Stranger ☒			from the bookstore down the street.	☐ Shame
Test ☐				☒ Stress
Threats ☐				☒ Surprise
				☐ Wonder

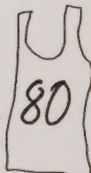
DRAW IMPORTANT DREAM IMAGERY (symbols, patterns, reoccurrences)



Roger was retiring
but he was blowing
out a birthday cake.



More birthday
imagery



Basketball
players jersey
had my birth
year.

MAJOR RECENT EVENTS IN WAKING LIFE

Just turned 35 years old

Didn't get that promotion

I've been stressing about my future

ANY CONNECTION TO DREAM

☒ Y ☐ N

RECURRING

☐ Y ☒ N

SHARE THIS DREAM

☒ Y ☐ N

LUCID DREAM

☐ Y ☒ N

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